



2025 Scuppernong Athlete Guide

It's a pleasure to have you race with us at the FINAL race of the 2025 Series. We are thrilled to be celebrating our sixth year racing the beautiful trails of the Northern & Southern Kettles. This series is laid back by design – from our stress-free, open start to self-timing, we strive to make race day as stress free and fun as possible!

My team and I are pumped to have you join us. We believe in creating fun, encouraging, and uplifting race experiences for everyone who attends events with us. We cater to all types of runners: fast, slow, newbie, veteran, and everyone in between. The bottom line is, you are here to push yourself and have fun. So, do that!

We look forward to seeing you in a few days. Please read over the information below in preparation for race day. If you have any questions, please [email](#) me.

Carri Marlow

Chase the Sun Running Co. | Golden Kettle Trail Series | Owner | Race Director

Follow us on [Facebook](#), [Instagram](#) & [TikTok](#)!

RACE ESSENTIALS

START TIME:

OPEN START

Start anytime* Saturday 7:00am – 11:00am

*Gauntlet participants must start at 7am.

Please note – this event is self-timed.

You should plan to be off the course by noon as we begin to pick up the course.





LOCATION:

Scuppernong Trailhead
S58 W35820 County Rd ZZ
Dousman, WI 53118

Athlete Check-in & Race Day Registration:

Race day check-in only, starting at 7am on Saturday.

Race day registration is available. Cash, Credit Card, Apple Pay & Venmo accepted.

RACE TRANSFERS/CHANGES:

You may [email](#) us before the race to make any changes to your registration. Race day changes can be made, please let us know when you check in if you plan to run a different distance.

GOLDEN KETTLE VILLAGE:

- True Stride Recovery Zone!

Carrie from [True Stride](#) will be onsite for this event. Stop by The Recovery Zone for:

- Normatec Compression
- Muscle TLC from Theragun
- A post-run mobility session
- Plenty of high fives + chats about shoes, training & maybe some treats!

- Beer provided by [North Pillar Brewing Co.](#) will be available to participants age 21 and older.

- Live music by [Kevin Wypiszinski Music](#) from 8:00am to 10am.

- Merchandise will be available for purchase – t-shirts, long sleeve t's, custom mugs, sweatshirts and tank tops.





COURSE DETAILS:

Choose from any of our three courses - Short, Middle or Long, or challenge yourself and run them all! The courses will be well marked with our flags.

NEW THIS YEAR: The Golden Gauntlet option is all three courses - long, mid, then short. You must arrive at 7am if you choose this option and you will be required to check in after each loop/course. Your time for this is the total time it took you to complete all three courses, including checking in between loops. You must be off course by noon. You will only receive results for the course(s) you complete. NOTE: There are no age group/awards for this course. You do, however, receive a special Golden Gauntlet medallion.

- Short Course: Red loop + observation loop to S9, follow green loop in - 3.1ish miles
The short course follows our red course flags.
- Mid-Course: One green loop + observation loop – 5.4ish miles
The middle course follows our green course flags.
- Long Course: Two green loops + observation loop both times– 10.8ish miles
The long course follows our blue course flags

Scuppernong Trail map linked [here](#).

PARKING:

Parking is available at the trailhead; however, we encourage you to carpool if possible.

The event is held inside the Kettle Moraine State Forest. Therefore, all vehicles entering the park must either have an annual WI State Park sticker or purchase a day pass and display on the front windshield. Please note, if you're carpooling, only one pass would be required. Please visit the [WI DNR Website](#) to purchase a pass or for more information.

RESTROOMS:

There are pit toilets at the trailhead. There are no restrooms on the course.

AID STATIONS:

There is one unmanned aid station at the trailhead, which is the halfway point on the long course. Water, Heed and sweet/salty snacks will be available.





EVENT PARTNERS

SUPPORT THOSE WHO SUPPORT RACES!



TRUE STRIDE

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